

CorePower C1 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. During the right twist, what should you do with your shoulders?**
 - A. Press your shoulders into the ground**
 - B. Lift your shoulders toward your ears**
 - C. Keep shoulders off the ground**
 - D. Move shoulders forward and back**

- 2. What is the transition immediately after Upward Facing Dog?**
 - A. Mountain Pose**
 - B. Child's Pose**
 - C. Cobra Pose**
 - D. Downward Facing Dog**

- 3. What is the cue for Inhale - Upward Facing Dog?**
 - A. Push through heels**
 - B. Engage glutes**
 - C. Up dog**
 - D. Lift hips high**

- 4. What is the cue at the end of the High Plank to Low Plank sequence?**
 - A. Cobra pose hold**
 - B. Chaturanga or return to Downward Dog**
 - C. Stand up tall**
 - D. Rest in Child's Pose**

- 5. During High to Low Plank, how should the feet be positioned?**
 - A. Feet together.**
 - B. Feet hip-width distance apart.**
 - C. Feet wide apart.**
 - D. Feet crossed.**

- 6. In Cobra Pose, what should your gaze do?**
- A. Gaze forward at ceiling**
 - B. Gaze at your hands on the mat**
 - C. Gaze down at your mat to unwrinkle the back of your neck**
 - D. Gaze to the side**
- 7. Which pose is associated with the instruction 'Inhale - Upward Facing Dog (Urdhva Mukha Svanasana)'?**
- A. High Plank**
 - B. Downward Dog**
 - C. Upward Facing Dog**
 - D. Low Lunge**
- 8. In Warrior II, how are the arms positioned?**
- A. Arms overhead**
 - B. Arms to a T**
 - C. Arms by the sides**
 - D. Arms crossed**
- 9. Which breath is associated with Downward Facing Dog in the sequence?**
- A. Inhale**
 - B. Exhale**
 - C. Hold**
 - D. Jump**
- 10. During the sequence, when you inhale and lift the left leg high, which pose are you performing?**
- A. Downward Facing Dog**
 - B. Three-Legged Downward Dog**
 - C. Pigeon Pose**
 - D. Cobra Pose**

Answers

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1. D
2. D
3. C
4. B
5. B
6. C
7. C
8. B
9. C
10. B

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Explanations

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1. During the right twist, what should you do with your shoulders?

- A. Press your shoulders into the ground**
- B. Lift your shoulders toward your ears**
- C. Keep shoulders off the ground**
- D. Move shoulders forward and back**

During the twist, let the shoulders move gently—forward and back—as you rotate. This keeps the upper back spacious and allows the twist to come from the thoracic spine while the neck stays relaxed. Pressing the shoulders into the ground or lifting them toward the ears can limit rotation or create neck tension, and keeping them off the ground reduces stability. The small forward-back movement helps you maintain length in the spine and safe alignment throughout the twist.

2. What is the transition immediately after Upward Facing Dog?

- A. Mountain Pose**
- B. Child's Pose**
- C. Cobra Pose**
- D. Downward Facing Dog**

In a vinyasa flow, the transition after Upward Facing Dog is typically Downward Facing Dog. This move resets the spine, lengthens the back, and provides a stable, inverted shape to prepare for the next portion of the sequence. To transition, press through the hands, engage the arms and core, and lift the hips up and back while keeping the spine long. Exhale as you move into Downward Facing Dog, then continue to the next pose such as a Forward Fold or Mountain Pose. The other options don't fit the immediate transition because Mountain Pose comes after Downward Facing Dog, Child's Pose is a rest, and Cobra is a backbend that usually comes before Upward Facing Dog rather than after it.

3. What is the cue for Inhale - Upward Facing Dog?

- A. Push through heels**
- B. Engage glutes**
- C. Up dog**
- D. Lift hips high**

Breath and movement go hand in hand in this transition. When you inhale into Upward Facing Dog, the cue you hear is the pose name itself—Upward Facing Dog (often shortened to “Up dog”). Saying the pose name on the inhale helps you coordinate lifting the chest, pressing through the hands, and lengthening the spine as your thighs hover off the floor. The other cues aren't the inhalation signal. Pushing through the heels focuses on grounding and alignment, not the inhale cue. Engaging the glutes supports stability, but it doesn't indicate when to inhale into the pose. Lifting the hips high is not the primary action of Upward Facing Dog, which emphasizes chest openness and spinal length rather than driving the hips upward.

4. What is the cue at the end of the High Plank to Low Plank sequence?

- A. Cobra pose hold
- B. Chaturanga or return to Downward Dog**
- C. Stand up tall
- D. Rest in Child's Pose

From High Plank to Low Plank, the cue is the intentional lowering of the body into Chaturanga. This move means bending the elbows close to the ribs while keeping the core engaged and the shoulders stable, a hallmark transition that links the plank to the next pose in the vinyasa. If someone can't perform that lowering, a common modification is to return to Downward Facing Dog, skipping the full Chaturanga to maintain breath and alignment. Cobra or Upward Dog would come after this transition, not the cue for ending the High to Low Plank itself, and standing tall or resting in Child's Pose aren't the immediate transition cues at this point.

5. During High to Low Plank, how should the feet be positioned?

- A. Feet together.
- B. Feet hip-width distance apart.**
- C. Feet wide apart.
- D. Feet crossed.

In High to Low Plank, the feet form a stable base that helps you maintain a straight line from head to heels as you transition to the lower position. Placing the feet about hip-width apart provides that stability and makes it easier to evenly distribute your weight between your hands and feet while you hinge the elbows and lower you toward the mat. This placement also helps keep the pelvis level and the core engaged, so the lower back doesn't sag and the shoulders stay stacked over the wrists. If the feet are too close together, the base becomes narrow and the hips can wobble or dip, making the transition less controlled. If the feet are too wide, the stance becomes unstable and harder to balance during the shift. Crossing the feet disrupts alignment and can strain the knees or ankles. So, hip-width apart is the most stable, efficient option for this move.

6. In Cobra Pose, what should your gaze do?

- A. Gaze forward at ceiling
- B. Gaze at your hands on the mat
- C. Gaze down at your mat to unwrinkle the back of your neck**
- D. Gaze to the side

In Cobra Pose, focusing your gaze downward toward the mat keeps the neck in a safe, neutral position and helps the spine lengthen as you lift the chest. This cue prevents overextension of the neck and reduces strain in the cervical area, so you can engage the back muscles without collapsing or crunching the neck. Gazing upward or to the side can push the head into excessive extension or twisting, which can crowd and irritate the neck, while looking at the hands can shorten the neck and disrupt the chest lift. So, looking at the mat to unwrinkle the back of the neck is the best way to maintain proper alignment and a comfortable, supported pose.

7. Which pose is associated with the instruction 'Inhale - Upward Facing Dog (Urdhva Mukha Svanasana)'?

- A. High Plank**
- B. Downward Dog**
- C. Upward Facing Dog**
- D. Low Lunge**

Inhale - Upward Facing Dog signals entering the pose where the chest lifts and the body rises off the floor. This backbend is performed by extending the arms, pressing into the hands, and lifting the chest and thighs while the tops of the feet stay on the ground. The breath cue to inhale matches the action of expanding the chest and lengthening the spine as you rise into Urdhva Mukha Svanasana. From this cue, you're not in High Plank, where the body remains in a straight line with the chest at floor level; nor in Downward Dog, which is a different inverted stretch with hips raised and the spine elongated in a backward bend reversed from the Cobra/Upward sequence; nor in Low Lunge, which is a hip-opening, leg-focused position. Upward Facing Dog is the specific pose associated with that inhale cue.

8. In Warrior II, how are the arms positioned?

- A. Arms overhead**
- B. Arms to a T**
- C. Arms by the sides**
- D. Arms crossed**

In Warrior II the arms extend out to the sides at shoulder height, reaching in opposite directions so the line from fingertip to fingertip is horizontal. This matches the description of arms to a T, which is exactly how the pose creates its open, expansive stance and strong angular line through the torso. Arms overhead would lift the pose into a different alignment (more like Warrior I or a high-lunge variation), not Warrior II. Arms by the sides would collapse the outward reach and the sense of expansive energy. Crossing the arms would distort the open, stable line the pose aims for.

9. Which breath is associated with Downward Facing Dog in the sequence?

- A. Inhale**
- B. Exhale**
- C. Hold**
- D. Jump**

In this sequence, Downward Facing Dog is paired with a held breath, meaning you stay in the pose with your breath paused rather than actively inhaling or exhaling while you're there. This helps you settle into the posture with stability, length through the spine, and engagement through the arms and shoulders. The goal is to maintain a steady, controlled rhythm as you build a strong foundation before moving on to the next pose. Inhale or exhale would introduce movement in the breath that can disrupt the sense of balance and length in the pose, and jumping isn't a breathing cue at all.

10. During the sequence, when you inhale and lift the left leg high, which pose are you performing?

A. Downward Facing Dog

B. Three-Legged Downward Dog

C. Pigeon Pose

D. Cobra Pose

The lift of the left leg while you're in a base pose signals a three-legged variation of that pose. In Downward-Facing Dog, you press the hands and feet into the mat with the hips lifted and the spine long, and both feet stay grounded. When you inhale and lift one leg high, you're moving into Three-Legged Downward Dog: the supporting hand and foot stay rooted while the opposite leg extends upward toward the ceiling, creating a single leg Raise while the rest of the body remains in the downward-dog alignment. The other options don't fit this setup: Downward-Facing Dog has both feet on the floor, Cobra Pose is a backbend on the belly, and Pigeon Pose involves a bent front leg with the back leg extended behind rather than leg lifting from a downward-dog base.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://corepowerc1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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